

MAKING HISTORY

By Brittani VanWinkle and Michaela Forkenbrock

Twelve teams compete at the 2A State Cross Country meet in Wamego. This year, the Lyndon Lady Cross Country team, consisting of Kaitlyn Pringle, Kaitlyn Moore, Regan Martin, Madelyn Montgomery, and Grace Sencer, was one of those twelve.

With only five girls out, the team had no room for illness or injury this season. They did, however; face other challenges. The worst of which being fears and nerves. With two freshman, two sophomores, and only one senior, the team was young, and nerves at big meets were something the girls really had to overcome.

It's evident that these five girls quickly learned how to shut those nerves down. Winning all but one of their regular season meets, they made school history. The success didn't stop there; the girls then went on to become Flint Hills League Champs, win a 2A Regional Championship title, and qualified for the state meet, all firsts in the history of Lyndon Girls Cross Country.

Coach Juanita Spitzenberger believes that this year's team was so successful due to not only each and every girl on the team truly believing in herself and her own abilities, but also the goal setting the ladies did and their commitment to accomplishing those goals. Coach Spitzenberger added, "The girls had a dream of going undefeated from the very beginning and they were so close by only placing second by one point during the regular season."

"These girls were labeled the 'Fab Five' by the Topeka Capital Journal and I believe that they truly deserved to be called that after the season they had," commented Coach Spitzenberger. We cannot wait to see what next year holds for the Lyndon Cross Country teams.